



the 2008 green guide

Organic and sustainable providers in Andalucía

La Guía Verde de Andalucía



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OCTUBRE



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Technical Experience

Advice

SolarVenti

Solar-Flex

By Lies Wajer, *Green Guide* editor



I am very proud to present the very first *Guía Verde* for Andalucía. With nearly 1000 entries, I hope you will find some addresses you have long been looking for.

I have been amazed at the interest there has been and thrilled at the amount of Spaniards - and expatriates alike - who try to use green products. The concept of the *Green Guide* has been to try and bring together - and link - the many thousands of organic and sustainable producers in the region.

It has, of course, been anything but an easy job tracking them down to the isolated valleys and remote hilltops where many of them live. It is far from perfect, but I hope that with every new issue (the next one is in the Spring), we manage to double the entries.

As to the criteria used in selecting the entrants, it is perhaps not always clear who is 'green' enough to enter. For example, there are various places to stay, which are not specifically 'organic', but instead may be included for their knowledge on nature and walks.

People that care about 'green' issues are often also concerned about their health. Therefore we decided to list practitioners of alternative medicine, separating those with a 'traditional' medical degree (Alternative Medicine) from those of other alternative treatments (Health, Spiritual & Healing). I hope this does not offend anyone!

Now, over to you. We can definitely use your help in improving the *Green Guide*. Any suggestions, articles or complaints can be sent to greenguide@theolivepress.es

Con mucho gusto y orgullo le presento la primera Guía Verde de Andalucía. Con 1000 direcciones espero que usted encuentre los datos que siempre ha querido tener a mano. Lo que ve aquí no es una guía perfecta ni completa, ¡pero es un comienzo! Espero sinceramente que con cada nueva edición, duplicaremos por lo menos el número de entradas y mejoraremos la calidad del contenido. Esperemos que la siguiente edición sea totalmente bilingüe. Podríamos utilizar su ayuda para mejorar la guía. Por favor envíanos su opinión a: greenguide@theolivepress.es

Un saludo, Lies Wajer

From Jon Clarke, publisher of the *Green Guide*

Dear Readers,
Since moving to Andalucía five years ago I have been amazed by the region's sheer diversity, and particularly impressed at the quality of local produce. Often led to believe that Andalucía is a poor region with everything deep-fried, and where fresh vegetables are unavailable, down on the ground this is simply not true.

Aside from the incredible Iberian pork products there are fabulous cheeses and some amazing fresh fish. But most of all - as anyone who has lived here awhile will know - it is perfectly possible to get incredible fruit and vegetables. In addition to fresh wild asparagus and abundant figs, grapes and quinces, there are numerous good organic producers, though few are known and even fewer advertise.

The aim of the *Green Guide* is to provide a comprehensive list of addresses for people who are seeking anything from sustainable wood supplies to green architects or a place to buy natural olive oil soaps.

Turn the guide pages and discover a flavour of alternative Andalucía, with words on organic food from Phil Speirs, a cautionary tale from *Driving Over Lemons* author Chris Stewart, plus a feature by Andalucía's most famous walking guide, Guy Hunter Watts.

I wish to personally thank all the advertisers, without whose support this publication would not have been possible.

Looking ahead, there are already plans to make the 2009 edition even bigger, better and more comprehensive.

Yours sincerely
Jon Clarke - jon@theolivepress.es

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Casas Karen

A dream escape on the unspoilt Costa de la Luz, where nature comes first. For over a decade Karen has been refining Casas Karen in empathy with it's natural surroundings. A mix of rustic thatched "chozas" and traditional Andalusian casas, within wild, low water use gardens, creating a relaxed and calming environment. Relax in your hammock and enjoy the sea breeze between pinewoods and beautiful beaches.

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Food you can trust

The organic movement continues to grow, writes Phil Speirs

In northern Europe the demand for organic food is growing dramatically and here in southern Spain we see a steady, but slower, upward trend as well. Why are so many people turning to organic food? The reasons are many and varied, ranging from better taste and nutritional content to concern over chemical residues and genetic modification.

One of the ironies of living in Andalucía, until recently, was that although the region produces 60 per cent of Spain's organic output there has been a woeful shortage of outlets to actually buy it. It was no surprise then that the *Junta de Andalucía* recently discovered that only 14 per cent of people living here buy organic food regularly. This however, is soon set to change.

As Pernille Dyneson of organic supermarket Bionatura, estimates: "We have been running our shops for 13 years and at the beginning it was very hard to get the produce, as so much was being shipped to northern Europe."

Now though, the bandwagon is picking up momentum, with even supermarkets stocking more organic lines, while local wholefood shops are adding fresh produce to their stock.

Toni, who has run *Herbolario Artemisa* in Marbella for many years, recently included a fresh fruit, vegetable and meat section. She says: "There's a growing demand from Spaniards as well as foreigners used to buying in their home countries".

Meanwhile Farmers' markets are popping up everywhere and helping to develop new outlets for producers. They allow consumers to become better informed about where their food comes from and usually it is fresher. There is a well established market in Coin, and another in Cartama. Others pop up all over the place (see the *Olive Press's* markets section).

Of course, as availability improves it becomes easier for people to buy organic on a regular basis. But, one way to guarantee regular organic produce is through box schemes, delivering to your door. Mike Slaughter, who started a scheme two years ago and now has a shop, Alma Verde, in Sotogrande, says: "Organic food is finally getting written about in the media so awareness is growing and for many Spanish people they remember exactly how good food should taste."

Ultimately, Spain is the second biggest organic producer in Europe after Italy, and is increasing its production fast. With plasticulture now roundly condemned as being unsustainable, organic food should step into the helm. Most importantly as organic farming becomes more economically viable, those growing it will start to make the profits they so deserve. Of course, that is all down to the consumer. But hopefully they too will be attracted to a more sustainable and long term approach to agriculture.

Phil Speirs is editor of eco-magazine La Chispa



EXPANDING: Buying fresh organic produce - from fresh fruit and vegetables to goats milk and cheese - is getting easier

ORTISAN
asesores



Ortisan Asesores was set up to help the growing demand for vineyards and bodegas in Spain

Licences/paperwork and grants... we arrange it all

With experience in Australia and in setting up award-winning Ronda wine Los Frutales, boss Pablo Ortigueira, understands the complicated issues at stake

Also specialists in setting up all other types of organic fruit and vegetable businesses

Pablo Ortigueira
info@ortisan.es
Telephone: 678733286



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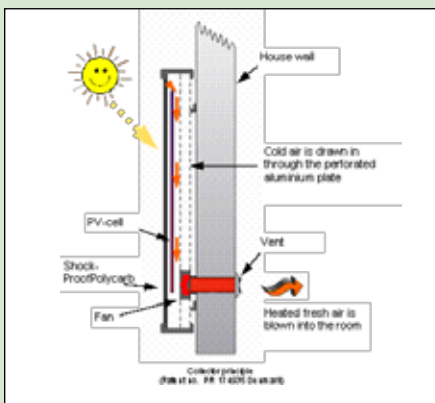
Invented more than 20 years ago by Hans Jørgen Christensen, a pioneering Danish solar engineer, Solar Venti is a clever – and economic – way to fight damp and ventilate your home.

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A DIY Solution?

The installation process is very straightforward. All that is needed is a drill, hammer and chisel, to make a hole in the wall. Roof installations are also possible. Indeed, the SolarVenti was originally designed to be a DIY product.

There are no electrical or water connections. It can be safely left running, even when the property is empty. Solarventi requires no maintenance. If the property is unoccupied during the hot summer months, then it can be left running at low speeds for ventilation and dehumidification purposes or simply switched off.

With a range of panel sizes, Solarventi is suitable for all types of buildings, caravans or even boats!! Over the last six years, Solarventi units have been installed in more than 24 countries. Demand is increasing expediently. From Greenland to Australia, Solarventi is finally getting the recognition it deserves.

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Fruits & Vegetables
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651891353
www.agrieco.es

Agro Organics SCA - Fruits & Vegetables
Vicar
950165221

Al-Arbuli SCA - Citrus fruits, dried citrus
fruits and tomatoes
Arboleas
950449311
www.al-arbuli.com

Almendras de Almería
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Gérgal
950353830
www.almendrasdealmeria.com

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Organic seeds & plants
Vicar
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Bestselling author Chris Stewart writes exclusively on the damage being done to the environment

Concrete collar strangling Spain

The Driving over Lemons author, who lives in Granada, insists that the "collar of concrete" that rings the coast is now slowly strangling the interior. In a passionate call to action, he demands:
* A stop to the "illegal" golf course schemes around Andalucía,
* A freeze on "outrageous" town growth plans.
* Proper punishment for illegal developers



ANGRY: Chris Stewart (inset) is concerned about urban blight moving inland, such as this example in Antequera

For those who have never had the pleasure of seeing an unspoilt Mediterranean coastline, I recommend you take the journey along the north coast of Morocco. It is truly, heart-breakingly beautiful. Never again though will we see a coastal landscape of such beauty on the Spanish side of the straits; because every last inch of coast has been 'developed', confined in a choking collar of concrete. Even national parks are not spared, as developers seek to eliminate every last remaining pine or cliff and replace them with new buildings.

The beauty of the coasts has now vanished... and although this is only a minor consideration to most holiday-makers, there is a feeling among many that a holiday destination ought to be at least a little different from the drab urban agglomerations where they live and work. And now that the coast has been concreted, the developers. Ronda, one of the most beautiful and emblematic landscapes of all Andalucía, has been ravaged, the beauty of the city and its surrounding landscapes degraded by heedless speculation. And

as if this were not enough, there is a plan to put a final nail in the coffin of this once lovely region, by the construction a gated community of hundreds of luxury houses, and theme park. Next door there is already a motor racing track open, and another golf project called Parchite is being promoted by the town hall across the road... and this in a landscape protected by Unesco for its particular beauty.

Outrageous cases

The developers know they are acting illegally, but they also know they can get away with it. I read a headline in *el País* the other day that said 'La Justicia lamenta su impotencia contra la política del ladrillo'. (The courts lament their powerlessness against the politics of building speculation). There are too many outrageous cases to be mentioned in one article... Look hard though at Murcia; keep an eye on what remains of the lovely Costa de la Luz; there are no fewer than eighty thousand new homes planned for Es-

tepona, and tens of thousands planned for Almuñecar, Almería, Antequera and Arcos, to take but a few examples alphabetically... and this at a time when there are three million homes unsold and uninhabited in the country as a whole. Nothing remains now of the Vega of Granada except perhaps the villages of Gójar and Dílar, with their surrounding campiñas of rolling hills and cornfields. This is one of the few patches of unspoilt landscape remaining on the northern slopes of the Sierra Nevada... but the speculators are here, too, with plans for golf courses, luxury homes and a theme park - ironically based on water, a commodity of which there is barely enough to supply the existing villages and the city. And this scheme, already mired in corruption in other incarnations (it was previously thrown out from Valladolid, as a result of irregularities), has now come to Andalucía. Here too it is already surrounded by charges of corruption in spite of its being developed by a so-called 'ecological' consortium of architects. Something

is clearly wrong with a system that is so open to abuses, but central and regional governments seem unable, or unwilling, to take action against the corrupt few who enrich themselves at the expense of the future of the land. More crucially the lack of water reaching the sea from rivers, coupled with overfishing, will cause an increasing spread of jellyfish. This in turn will cause the sea to be a no-go zone and tourists will choose to holiday elsewhere. If the tourists don't come, the economy collapses, and we have a cataclysm on our hands. The Spanish though, have a genius for making the voice of the people heard. Some of you may remember the plans of the military to build a radar dome on the top of Sierra Nevada? The public was outraged and took to the streets... and prevailed. Perhaps it's time to take action again... for, as Al Gore asks us in 'An Inconvenient Truth' - if we fail to act, how shall we explain to our grandchildren what we allowed to be done to their poor, battered inheritance?

Sending out an SOS to save our surrounds

With a new Greenpeace scheme anyone can now report suspected environmental abuse

It is one of the most sensible environmental initiatives launched for years. Empowering the population, Greenpeace is asking for your photos to keep an eye on environmental abuse. Through its new project - called Fotodenuncia - anyone can now report pollution, illegal construction, and any other damage to nature. Cutting out the often daunting need to contact the Guardia Civil to make a denuncia, it is now as simple as just sending a photo of the abuse via your camera or even mobile phone.

Greenpeace will do the rest, launching a full scale investigation if needed through its own specific website it aims to name and shame and prosecute abusers. Recently launched so far there are already 200 reports for Andalucía. The goal is to get the cooperation of citizens from all the corners of Spain and raise awareness of the environment through the Internet. Greenpeace believes that public pressure is one of the most effective mechanisms to produce the necessary changes in the protection of our planet.

"We want to involve as many people as possible to help curb the increasing environmental damage to the planet," said a spokesman. "We are all witnesses of environmental violations every day. "Using this photographic system, we will give maximum publicity to any evidence sent in; thus creating more social pressure for the defence of the environment."

Visit <http://fotodenuncia.greenpeace.es>

MINE'S A BODEGA

MOST people agree that when we open a bottle of wine we haven't tried before it can bring new sensations. Sometimes, of course, it depends on how many glasses we drink, but that's another story.

I have been involved in wine production for the last decade, planting it, blending it and, of course, drinking it.

Studying agriculture at university, I then specialised in wine production, before honing my trade in Australia. On my return to Spain it was apparent that all was not well with the wine industry and farming per se.

I decided I wanted to get more involved

in organic farming and being as sustainable as possible.

Thanks to my boss in Ronda at Joaquín Fernández, we have now produced a number of wines called Los Frutales. They are 100 per cent certified organic and we have even won awards around Europe.

Now, closely linked to *the Olive Press* newspaper and what it stands for I am starting on a number of new organic projects around Andalucía.

My company Ortisan Asesores is capable of setting up and advising on any type of vineyard, sustainable or not, and we can also help set up any



other sort of farm.

We know how to get the licences, how to apply for grants, and how much and who to pay.

Ultimately I want to show that the high quality wine industry in Andalucía can be very profitable.

Please give me a call or email me if you have any queries.

Yours Pablo Ortiguera

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El Zoco - Eco Shop
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Ecologistas en Acción Almería
Environmental activists groups
Adra
www.ecologistasenaccion.org

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Save Gas, stride out

By Guy Hunter-Watts

Few people are aware that Spain, after Switzerland, is the most mountainous country in Europe. And many of the best hiking routes are here on our doorstep in southern Spain.

The great belt of the Cordillera Bética dissects Andalucía like a mighty sabre and within this rumpled chain of mountains are no fewer than 20 Natural Parks, as well as mainland Spain's highest peak, Mulhacén. The diversity is astonishing: steep sided *barancos* in the Alpujarras, rugged dolomite outcrops in Grazalema and mighty canyons in Cazorla. There are countless treasures to be found and doing so on foot is not only good for your health but also for the planet.

The great news is that over the last two decades there's been a silent revolution and you're now spoiled for choice when it comes to choosing a base for your rambles. Visitors are now heading for the hills rather than for the beach: 'turismo rural' has entered the vernacular and the most tangible result has been a huge increase in the number of decent places to stay.

Even better, it is fostering a new pride in traditional country life and is providing incomes for people who might otherwise have had to commute, or relocate, for work.

Old paths are being cleared, routes are being waymarked and groups of walkers are beginning to arrive. But be warned. Many walks follow old drovers' paths, which have seen scant use since the coming of the roads. This means they



REVOLUTION: Inland tourism is booming

can be rough underfoot, occasionally overgrown and when waymarking exists, it can be confusing. But this is a part of their appeal and ensuring you'll meet few other walkers and will often have a genuine wilderness experience. As a general rule the best time to walk is from late April through to early June and from mid September to the end of October when you're likely to get mild, sunny weather. The months to avoid are July and August when temperatures are too high to make walking pleasant.

In my book *Walking in Andalucía* I've picked out the most beautiful areas for walking. Best of all, most routes are circular meaning you can forget your gas-guzzling car for the day or even the week.

Walking in Andalucía (ISBN 978-84-89954-75-5) can be ordered at www.santanabooks.com and all good book shops.



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IT IS perfectly possible to live in stylish, modern houses that are sustainable and don't damage the environment. Martin Kieninger and his wife Ana Montenegro Portillo, a homeopathic doctor, live in one of most functional low energy using houses in Andalucía.

Surrounded by magical mountains and oak trees, they wanted to maintain the closeness to nature, when they designed their home.

It certainly helped that Kieninger had his own sustainable architects practice, based in Ronda, since 2000.

He had qualified as an architect the previous year in Spain and wanted to do something a bit different from the majority of his colleagues.

Since then the business has built up with dozens of homes designed around the Serrania de Ronda, and as far and wide as Murcia, Sevilla and Granada.

Carefully designed houses, using inert building materials, such as cork insulation, many of these are approaching being carbon neutral.



They have solar panels, natural heating systems and a clever use of light and shade. Ultimately, Kieninger keeps up with the latest technology in sustainable building and in his own house, uses a natural reed bed swimming pool, which serves to cool the house. He also has a 100 per cent organic vineyard in the hills nearby. Contact kieninger@coamalaga.es or call 92879554

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THE LAID-BACK RETREAT THAT GREW ORGANICALLY

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Between pinewoods and beach, the collection of chozas and traditional Andalusian farmhouses, has become an outlet for Karen Abrahams's creativity. Casas Karen has grown organically over the years and is one of Andalucía's most unique and colourful places to stay. As well as a low water use garden with indigenous plants, there is a recycling waste water system & a composting area. All the houses have independent terraces and wood burning stoves or open fire places. In addition there is also a shady outside communal area with hammocks. Decoration takes its inspiration from the local surroundings and local here means Andalusian and Moroccan – the high mountains of the Magreb are visible on clear days.

The place attracts people with a creative impulse and the atmosphere is totally laid back – like Caños itself, so popular with young travellers. There's walking, riding, biking in the Natural Park, surfing and swimming in the Atlantic ocean, bay of Cape Trafalgar – and personal advice on where to eat.

A variety of possibilities are on offer such as Ayurvedic massage, reflexology, reiki and yoga. Some recent comments:

"A delightful complex with a range of accommodation in characterful buildings that include a barn and thatched huts. There are hammocks to lounge about in and are available for well-priced weekly rentals. Recommended." *Footprint Guide, Costa de la Luz*



This is absolutely fabulous!!! beautiful, peaceful, very nice at 500 mtrs from the beach. We loved the casas karen area, all of it! we'll be back!! *Elmer and Nynke*

"We stayed in la choza grande and we had a great time- I felt like so relaxed! I could hear the sea while we where sleeping! The house is very well equipped and very spacious :) The situation of Caños was perfect for us, close to everything, the sea, the white villages and Cadiz! WE LOVE CANOS!!!! *Melissa*

"We are very lucky to have discovered Casas Karen - beautiful location. Our only regret is that we only stayed a week! We will allow longer next time!" *Matthew Ramsar*

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ALPACAS DE ANDALUCIA



FOR us at Alpacas de Andalucía, it is very exciting news that the United Nations is to mark 2009 as the International Year of the Natural Fibre. The UN are approving Alpaca fibre which is seen as a vital to the Peruvian economy, the fibre provides much needed livelihood to the farmers in the high altiplano region. The farmers need all the support they can get and by encouraging the world to take note of this wonderful fibre it could bring them much needed financial support.

Alpacas de Andalucía is very keen to promote these initiatives by ensuring top quality fibre from our animals. Increasingly, fashion houses all over the world are using the fibre as an alternative to other luxury materials; it is hypoallergenic, hardwearing and extremely soft next to the skin. Many international designers who

enjoy working with this material are demanding higher and higher quality. With over 400 Alpacas now in Spain we can continue and strive to develop a culture that will use the fibre.



SEDA (Spanish Alpaca Society - www.seda.org.es) is planning to include a display about fibre in 2009 show at the 'Feria de Mayo' the annual stock fair in Ronda.

For further information contact Nigel & Ginny Cobb at www.andaluciaalpacos.com

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But it wasn't until 1995 when they began to introduce organic vegetables to their lists of products available.

A decade later and most of the group's farmers are now dedicating their land to the produce of organic produce. It is now their most important area and they market mostly tomatoes (of all strains and sizes), Dutch cucumbers, Californian pepper, avocados and in smaller quantity other types of vegetables.

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"I don't need to spend a penny on electricity and I run all my appliances and a series of computers on wind and solar power," he says. "It is really not that hard to do."

The idea for the business took off when he was only 12 years old, not long after his family relocated from Holland to Spain.



The current 'online shop', as he likes to call it, was launched in 2004 after acquiring a job lot of petrol and diesel generators.

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